

2010 WIC Breastfeeding classes “Breastfeeding – The Best Start”

Are you pregnant or interested in breastfeeding?

Are you breastfeeding now, but have questions about it?

This nutrition session presents a variety of topics from how to get off to a good start to how to continue breastfeeding when start back to work or school.

All classes are for WIC participants and will be held in the first floor meeting room of the Community Health Facility, 200 Maine St. in Lawrence (unless otherwise noted).

Monday, **Jan. 25, 5:30 p.m.**

Wednesday, **Feb. 10, 10 a.m.**

Wednesday, **March 10, 10 a.m.** (second floor meeting room)

Monday, **April 5, 5:30 p.m.**

Thursday, **May 20, 2 p.m.**

Thursday, **July 22, 2 p.m.**

Thursday, **Aug. 5, 4 to 6 p.m.** Breastfeeding shower celebrating Breastfeeding Awareness Week.

Monday, **Sept. 13, 5:30 p.m.**

Thursday, **Oct. 7, 2 p.m.**

Monday, **Nov. 1, 5:30 p.m.** Thursday, **Dec. 9, 10 a.m.**

